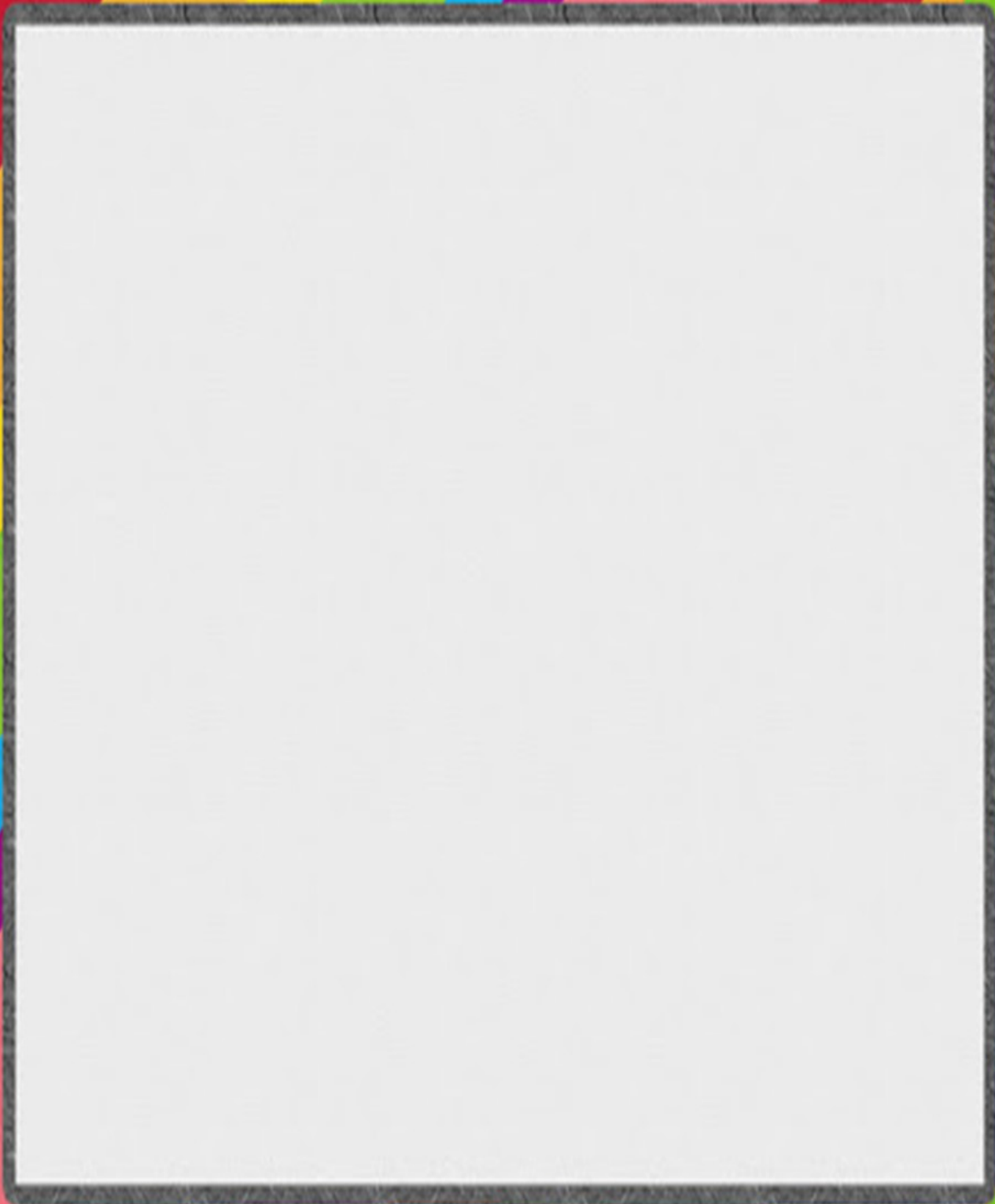


Children's Activity Pack

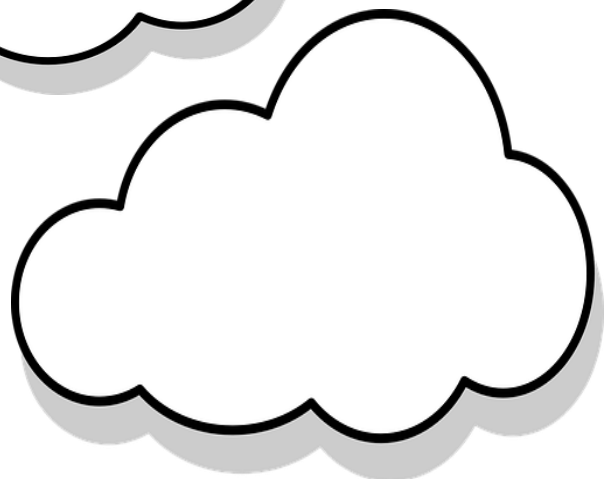
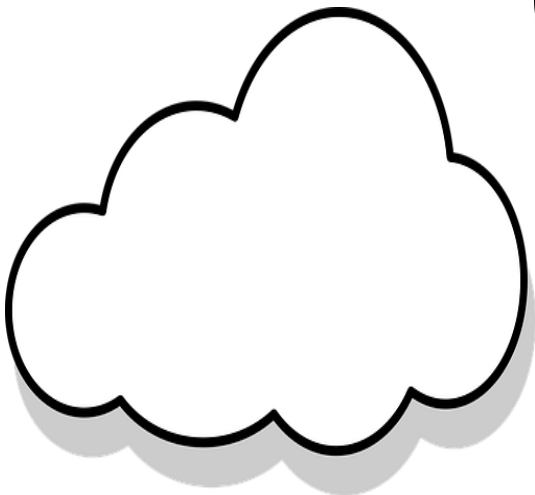
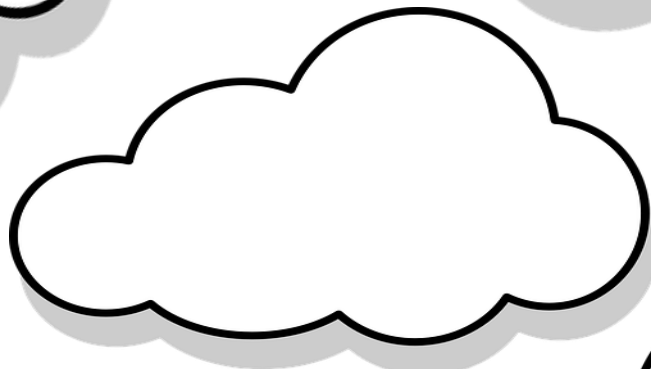
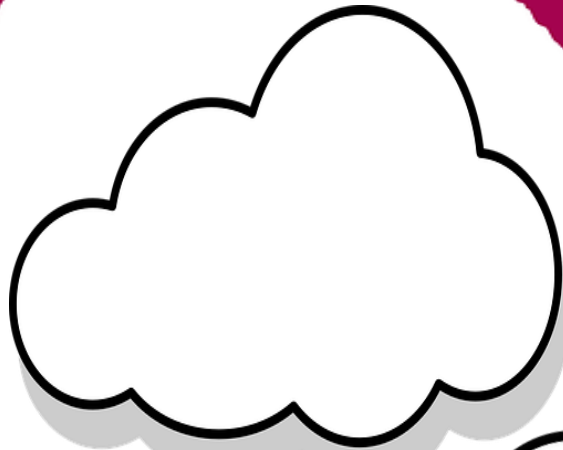
Name:



THESE THINGS MAKE ME HAPPY...



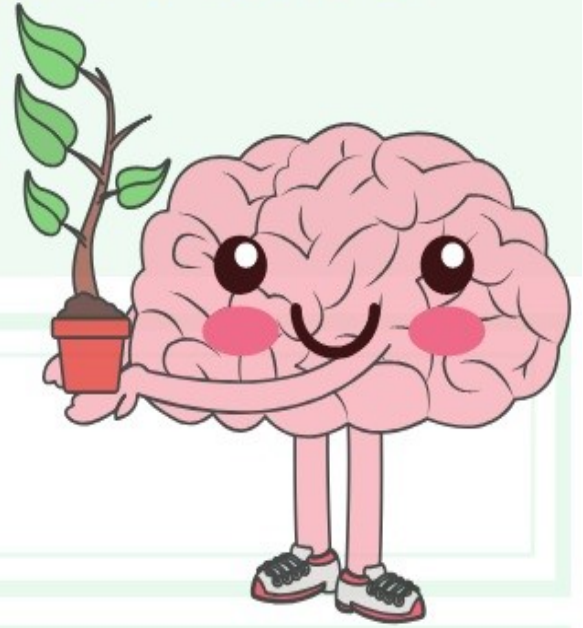
I AM AMAZING BECAUSE



GROWING GREATNESS

MY SUCCESS IS MY MINDFUL MAKING

NAME:



TODAY I WANT TO FEEL...

WHAT I'M GOING TO DO TO MAKE TODAY GREAT FOR MYSELF

WHAT I CAN DO TO MAKE TODAY GREAT FOR OTHERS

MY WIN TODAY

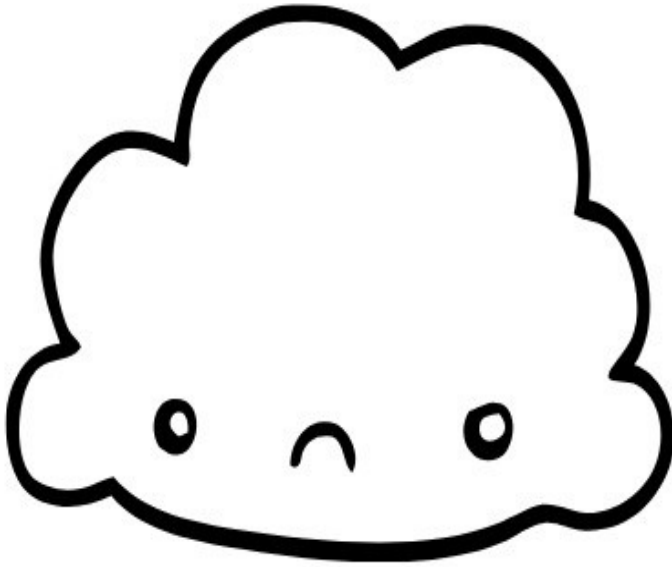
I CAN GROW ON THIS TOMORROW



THE ROOTED FAMILY
Mindfully growing brains

NOTICING DARK CLOUDS...

REMEMBERING RAINBOWS



WE ALL HAVE DARK CLOUD THOUGHTS SOMETIMES. CHECK IN WITH YOURS. WHAT ARE YOU FEELING? WHAT ARE YOU CONCERNED ABOUT? WRITE IT IN THE CLOUD.

IT'S NORMAL TO HAVE SOME FEAR OR WORRIES, ESPECIALLY WHEN TRYING SOMETHING NEW. WE JUST HAVE TO REMEMBER THAT DARK CLOUDS AREN'T THE ONLY THING IN THE SKY! THERE ARE RAINBOWS UP THERE TOO! RAINBOWS ARE THE SMALL GOOD THINGS OR THE POSITIVE THAT IS POSSIBLE. WE CAN CHOOSE TO LOOK FOR THEM! WHEN YOUR DARK CLOUDS ROLL IN YOU CAN BLOW THEM OUT OF THE SKY AND MAKE A CHOICE TO FOCUS ON THE RAINBOW INSTEAD.



WHEN YOU ARE READY, CUT OFF THE CLOUD AND HANG YOUR RAINBOWS SOMEWHERE YOU CAN SEE THEM IF YOU NEED THEM.

THINK OF SOME POSITIVE OR GOOD THINGS ABOUT YOUR SITUATION. ADD ONE TO EACH COLOR OF THE RAINBOW. WHEN YOU NEED TO FEEL CALM TAKE A BREATH FOR EACH COLOR AND READ YOUR LIST.



WHAT CAN YOU LET GO OF TODAY?

When situations are out of our control it can be very scary and upsetting. Draw your own balloons and write in your negative thoughts or worries and then let them go, you may find this really helpful.



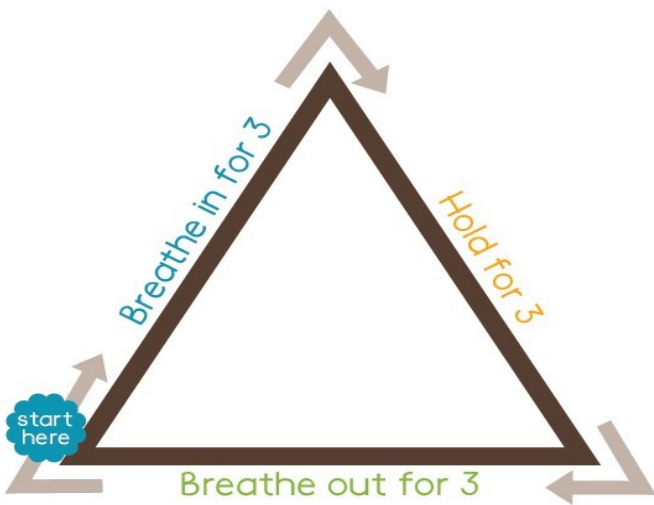
A large, empty rectangular area outlined in blue, intended for drawing and writing negative thoughts or worries to be let go of.

REMEMBER TO BREATHE....

Use your finger to trace the shape and help you keep track of your breathing

Triangle Breathing

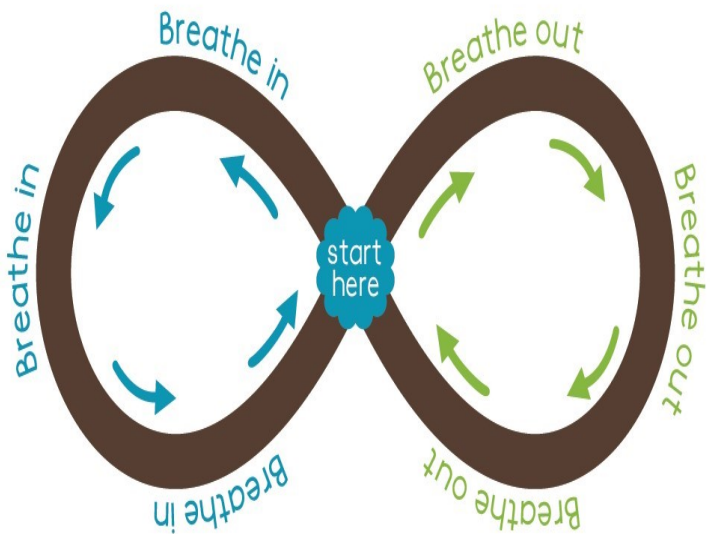
Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



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Lazy 8 Breathing

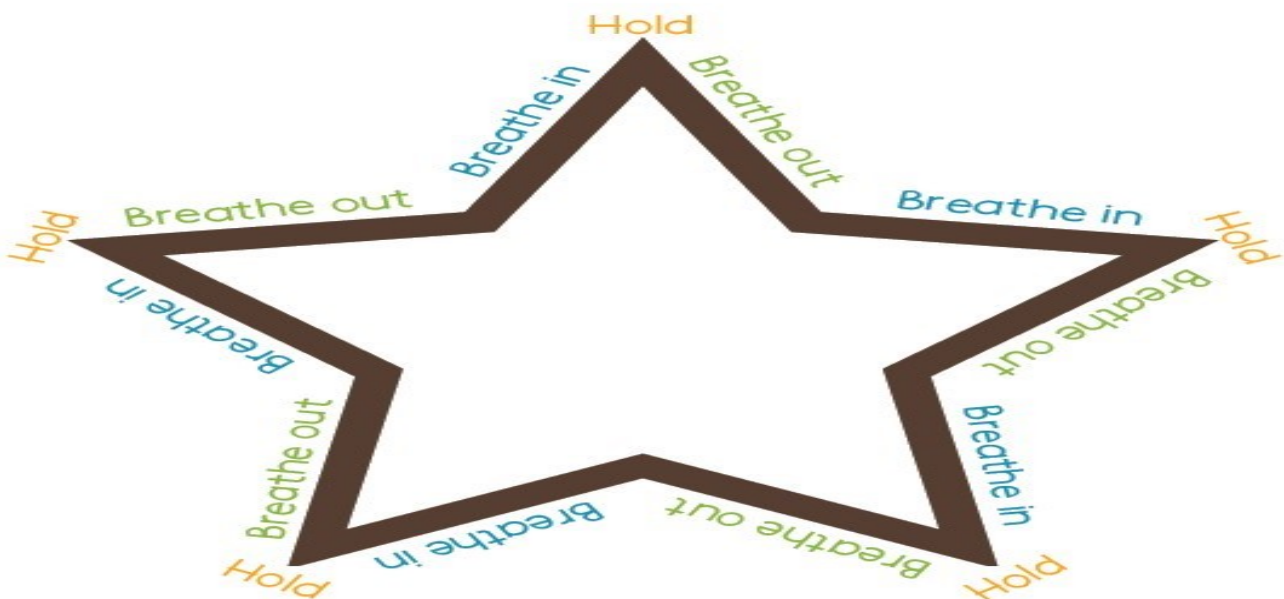
Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



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Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.



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CREATE A CALMING GLITTER JAR

When our minds are full of thoughts and worries, they can swirl around like glitter in a jar. One way to help ease this is to let our thoughts and worries settle as when our minds are calm it is easier to talk about things that are upsetting us and work out problems.

- ◆ Find an old jar or plastic bottle
- ◆ Fill the jar 3/4 full with warm water
 - ◆ Add some clear glue
 - ◆ Add some glitter
- ◆ Give it a mix with a fork
 - ◆ Replace the lid
- ◆ Give it a good shake



Shake up the jar until the glitter is spinning around and then place it down on a flat surface. Then sit back and calmly watch the glitter swirl to the bottom of the jar giving you time to take a breath and calm your mind.



WISH LIST FOR WHEN THIS IS

OVER

Add things you can look forward to...

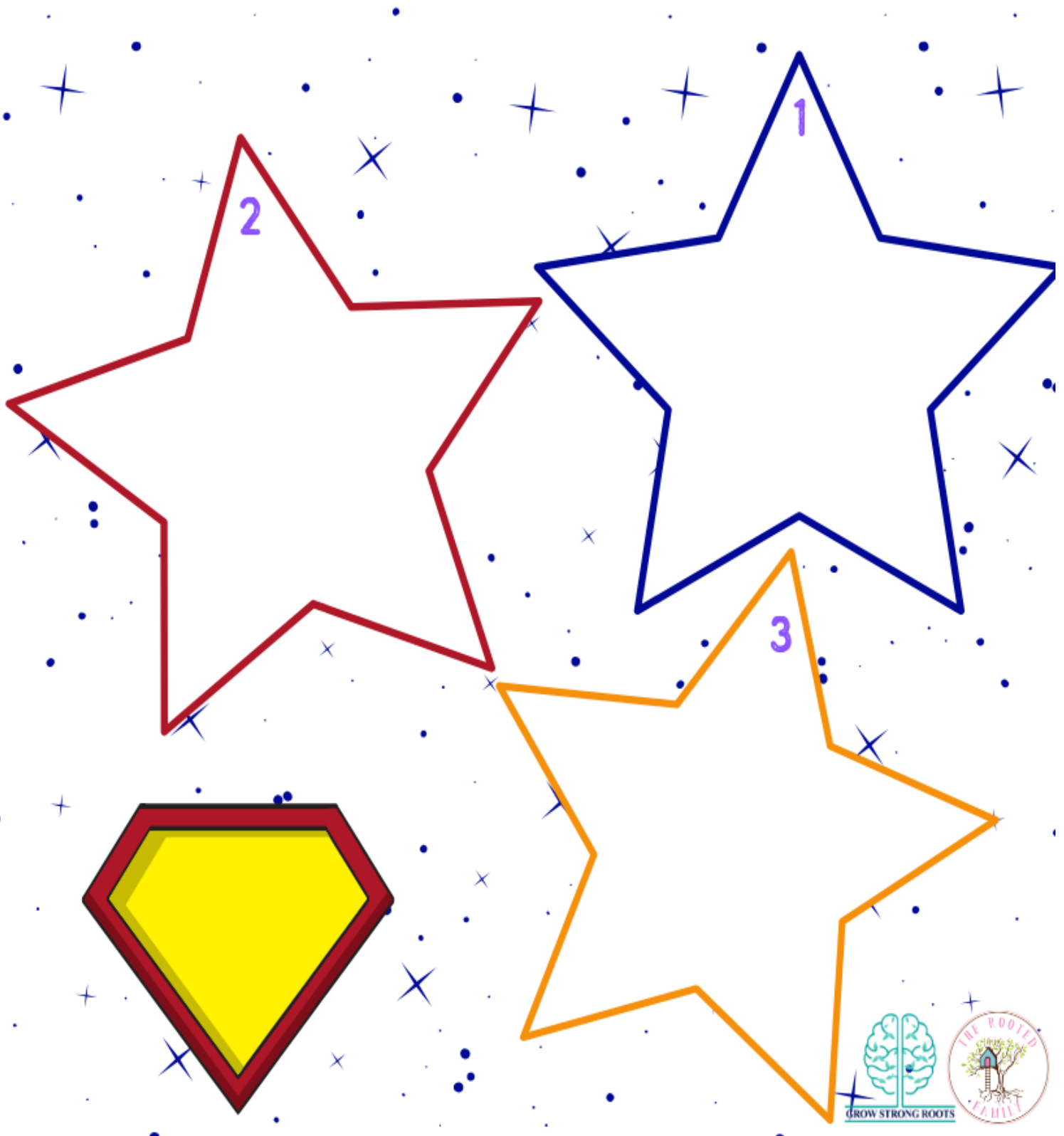
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GROWING GRATITUDE

LOOKING FOR GRATITUDE IN THE EVERYDAY THINGS HELPS KEEP OUR BRAINS HEALTHY AND HAPPY. GRATITUDE IS LIKE MAGIC FOR OUR BRAINS AND BODIES. FIND FIND THREE THINGS YOU'RE GRATEFUL FOR EVERYDAY THIS WEEK. WRITE OR DRAW THEM IN THE STARS BELOW.

TODAY, I AM GRATEFUL FOR...





Spring

G F S Q O I I S L S U R

E D U R Y G N D M B K V

B T A P T I Q E K D I F

S K N F A G H E H P B C

P T D R F B W S Q P R J

I S R E W O L F D T L S

L F H Z F G D S A N U M

U X U U F R R I D J T Z

T H C U Z A J A L U T V

U M B R E L L A S S B M

B N S M G N I R P S M K

R A I N B O W D J A C P

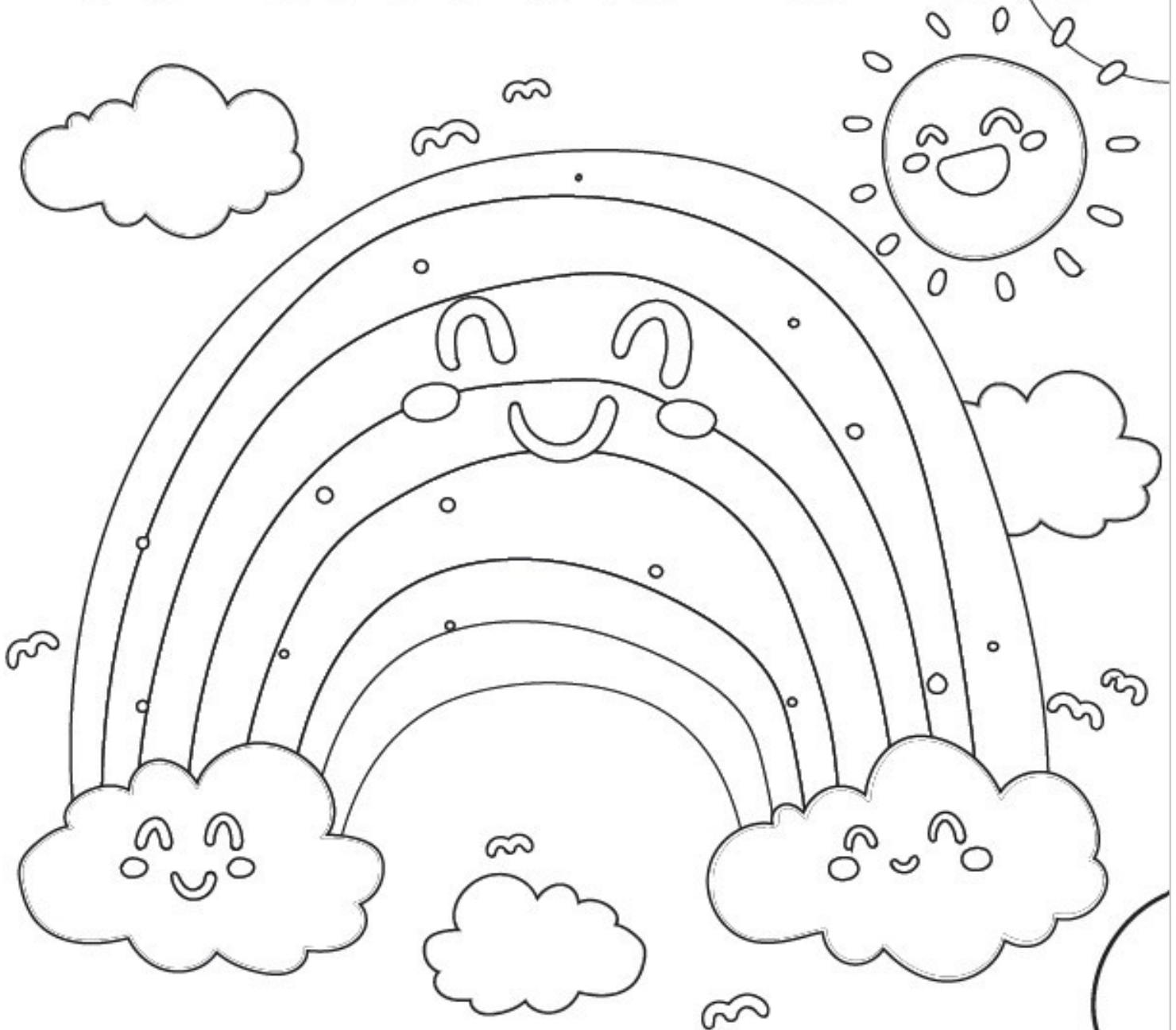
BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA

Colour me in...

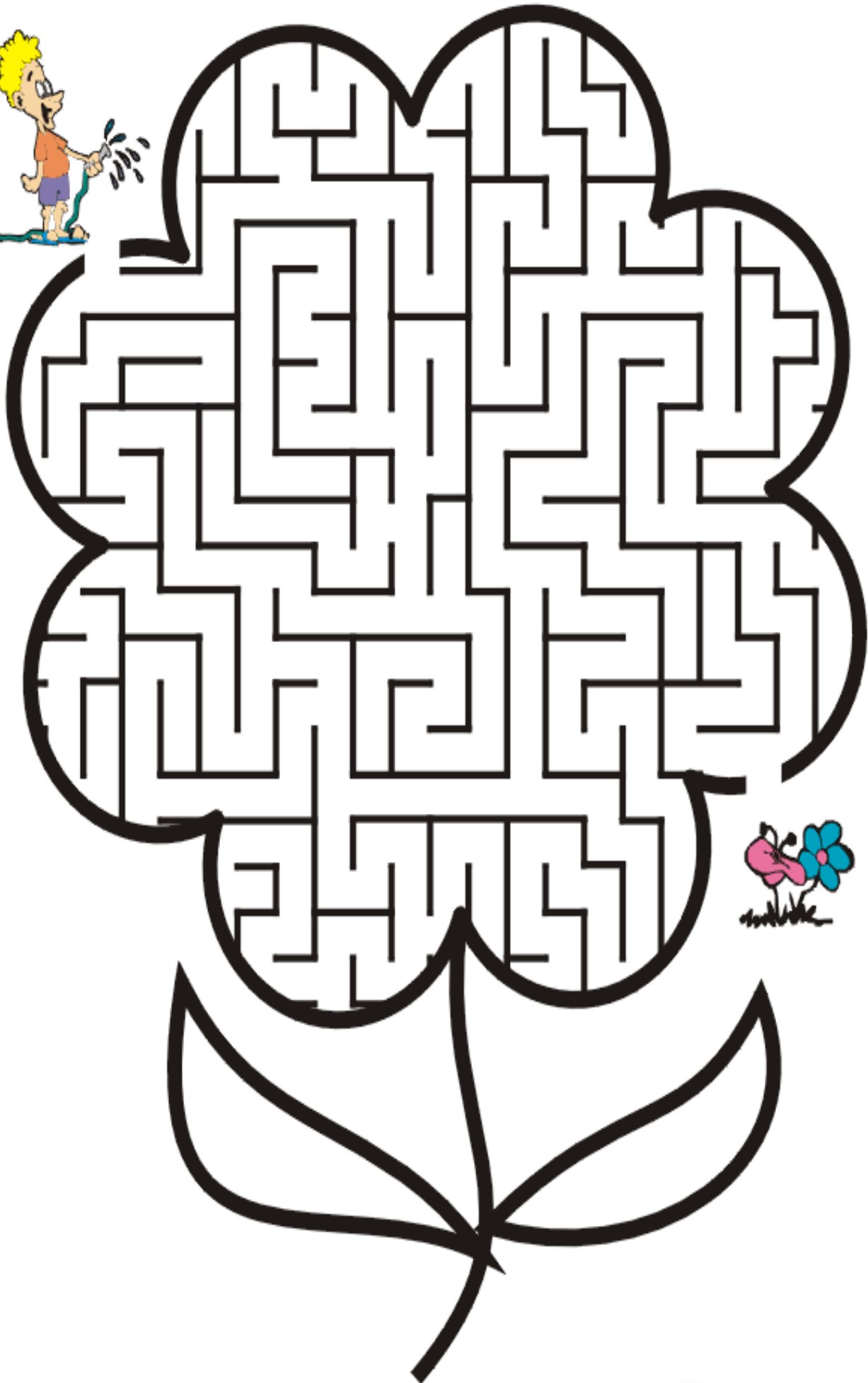
TRY TO BE THE

Rainbow



IN SOMEONE'S

CLOUD



Colour me in...

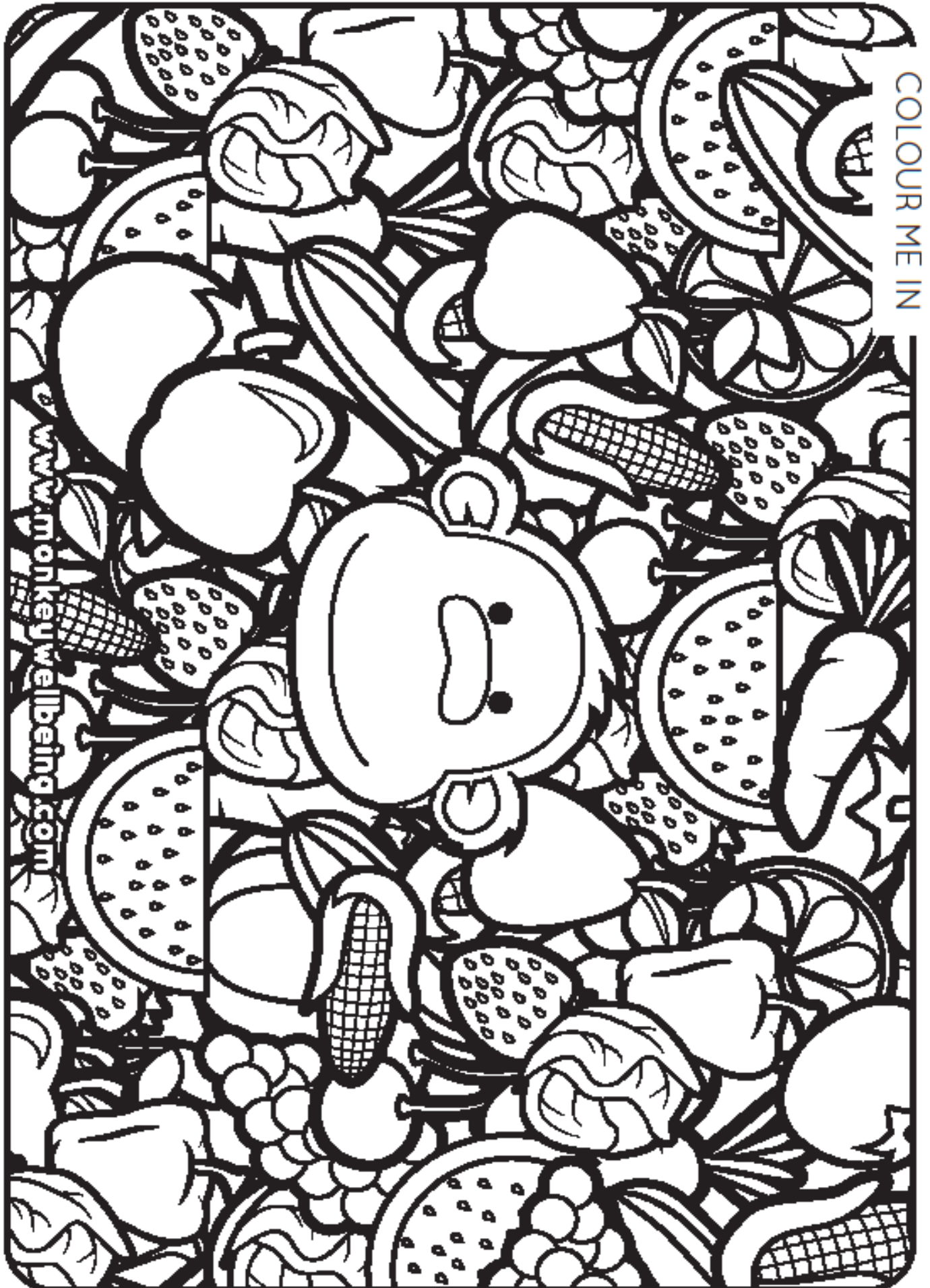
**REMEMBER TO
WASH YOUR
HANDS**



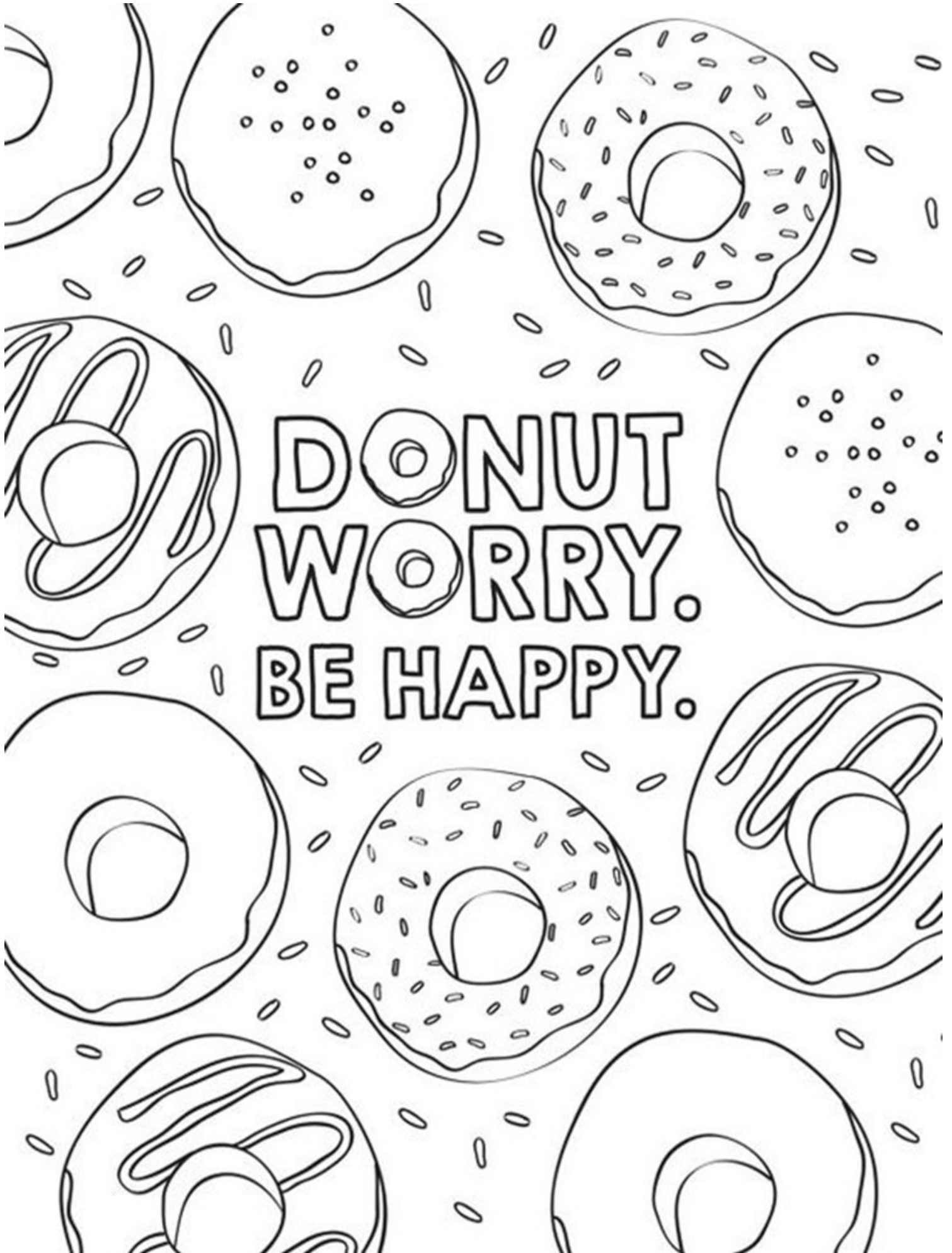
Find more free downloads at
www.monkeywellbeing.com

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Colour me in....



Colour me in...



**DONUT
WORRY.
BE HAPPY.**

If you can
dream it,
you can do it.

-Walt Disney

BE A
rainbow
IN SOMEONE ELSE'S
cloud

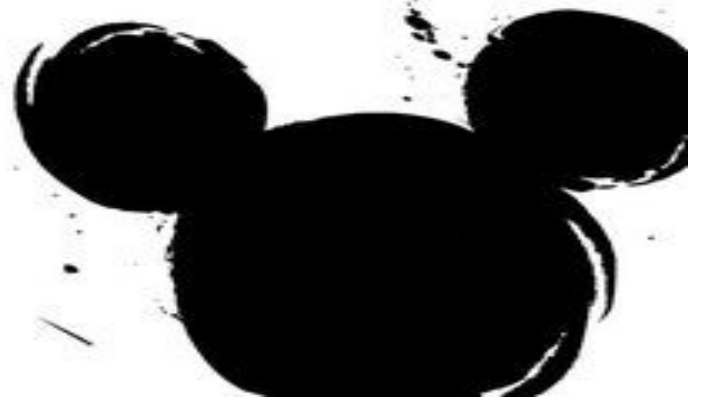


Disney.com

BE BRAVE
BE CREATIVE
BE KIND
BE THANKFUL
BE HAPPY
BE YOU
picklebums

"Why worry? If you've done
the best you can, worrying
won't make it any better"

-Walt Disney



IF YOU HAVE
GOOD THOUGHTS
THEY WILL SHINE
OUT OF YOUR FACE
LIKE SUNBEAMS
AND YOU WILL ALWAYS
LOOK LOVELY
-ROALD DAHL



IF YOU see SOMEONE
WITHOUT a smile
give THEM
ONE OF yours!

L. SACHS TRIO

-DOLLY PARTON

New 24/7 mental health helpline for urgent support, for residents of Cheshire West, Cheshire East and Wirral:

0300 303 3972

For people of all ages - you are not alone.

With Special thanks to:

The Rooting Family for the use of their resources

<https://www.therootedfamily.com/freeresources>

Coping Skills for Kids for the use of their resources

www.copingskillsforkids.com

The following websites for the free resources.

www.monkeywellbeing.com

www.tpet.co.uk

www.freekidscrafts.com

www.printactivites.com

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